

# 55+ Programs

## Campbell Senior Center

155 High, Eugene 97401 Bus #1  
Phone: 682-5318 Hours: 8a-4:30p M-F  
Senior Program Manager: Yvaughn Tompkins  
Program Supervisors: Mel Mann, Sue Harnly  
Office Coordinator: Diane Pomerantz  
Outreach Coordinator: Emily Seymore

For more information about dates, times, costs and activities, pick up a copy of the *Campbell Courier*, call the center, or visit the website: [www.eugene-or.gov](http://www.eugene-or.gov).

### SPECIAL EVENTS

Newcomers Social	Sep 14
Flu Shot Clinic	Nov 9
Holiday Bazaar	Nov 18
Thanksgiving Dinner	Nov 22
Merrill Lynch Holiday Calls	Dec 9
Holiday Dinner	Dec 20

### VAN TRIPS

Mystery Picnic	Sep 7
Depoe Bay Salmon Bake	Sep 16
Fantastic Florence	Sep 26
Valley Bounty	Oct 6
Oakridge Theater	Oct 21
Autumn Leaves	Nov 2
Amtrak to Portland	Nov 8
Local Holiday Lights	Dec 14
Sled Dog Races and Sisters	Jan 11

### OUTDOOR PROGRAM

#### CANOEING & KAYAKING ♥

Full Moon at Fern Ridge	Sep 6
Odell Lake Canoe & Kayak	Sep 25

#### SAILING

Sailing at Odell	Sep 22
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#### CROSS-COUNTRY SKIING ♥

Combined Ski/Snowshoe	Jan 5
First Time Ski Lesson	Jan 11
Cross Country Skiing	Jan 17, 31, Feb 7, 21
Odell Lake Lodge Overnight	Feb 26-27
End of Season Ski Party	Mar 7



PHOTO BY RECREATION STAFF

#### SNOWSHOEING ♥

Combined Ski/Snowshoe	Jan 5
First Time Snowshoe Lesson	Jan 16
Snowshoe Trips	Jan 25, Feb 8, Mar 12
Odell Lake Lodge Overnight	Feb 26-27

#### HIKES ♥

Old Growth Hike	Sep 19
Silver Creek Falls State Park	Oct 12

#### WALK-A-BOUTS WITH MEL ♥

Autzen Stadium	Sep 18
U of O Campus	Oct 16
Pre's Trail	Nov 20
Holiday Lights at Night	Dec 11

### MEETINGS & SUPPORT GROUPS

Diabetes Beaters	3rd F
LCAPERS	Oct 3, Dec 5
NARFE	4th M
Parkinson's Support Group	2nd Tu
Porcelain Artists	2nd F

### DROP IN ACTIVITIES

All Acoustic Music Jam	10a-Noon	Th
Bike Riding Group ♥	9:30a	May-Sep W
	10:30a	Oct-Apr W
Bridge	12:30p	F
Chess	9a	W
Comforts for Children	10a-2:30p	Th
Computer Lab	10a-1p	MTuThF

*continued*

*Non-city residents are assessed a 20% surcharge for registered activities & rentals.*

## 55+ Programs

Deaf Seniors Card Group	10a	1st, 3rd, 5th W
	Noon	2nd & 4th W
Folk Dancing ♥	2:30p	M
Golden Age Dance ♥	7p	M
"Grumpy Old Men" Bridge	8a-Noon	2nd & 4th W
Lunch Bunch	Noon	W
Mah Jongg	1-4p	Th
Men's Club Breakfast	8:30a	2nd Tu
Penny Bingo	1p	W
Double Deck Pinochle	1-4p	2nd & 4th F
Pinochle	8:30a	Tu
Pool Room	8a-4:30p	M-F
Scrabble	1-3p	Tu
"Walk 'n Talkers" ♥	9a	F
Wood Shop	9a-3p	M-Th

### PRESENTATIONS

Trouble Sleeping	Sep 12
Diabetes Beaters	Sep 15
Save Dogs with Foster Care	Sep 16
EFT for Stress & Pain Reduction	Sep 18
Dr. Kierstyn Health Talks	Sep 19, Oct 17, Nov 21, Dec 19

**Do we have  
your current  
address and  
phone number?**



RecEnroll is here. The Recreation Division's internet registration system is currently available to you. PLEASE stop by, call your recreation center or go to [www.eugene-or.gov/recenroll](http://www.eugene-or.gov/recenroll) to get your Client Barcode and Account PIN. We ask that you update your address, phone and e-mail information. This will ensure that you are able to access the new on-line service.

### Tuning Into the Healing Stream

	Sep 21, Oct 19
Estate Planning	Sep 25, Nov 20
Reverse Mortgage	Sep 26
Moving A Lifetime	Sep 28
Essential Tremors	Oct 2 & 20
Green Smoothies	Oct 5
PACK-IT! Health	Oct 9
Blackberries, PDAs & Other Toys	Oct 12
Alzheimer's & Dementia	Oct 19
Secure Your "Nest Egg"	Oct 23
Advanced Directive	Oct 23 & Jan 22
Yellowstone Skiing Slide Show	Oct 25
Long-Term Care Planning	Nov 7
Buying a Digital Camera	Nov 16
Email Greeting Cards	Dec 7
Intro to Cross Country & Snowshoe	Jan 8
Nordic Walking Workshop	TBA

### CLASSES

*See Adult Education, pages 36-40.*

### SERVICES

*Appointments necessary for most services.*

Outreach Services	please call
Blood Pressure Clinic	12:30p 2nd & 4th W
Footcare Clinic	10a-3p Tu
Chair Massage	1-3:30p Th
Reiki	9:30-11:30a 1st & 3rd W
	Noon-3p 2nd & 4th W
Senior Connections	1-3p 2nd & 4th Th
Senior Law	9-11:30 a Sa
911 Cell Phones for Seniors	please call
Restless Leg Syndrome	please call
SHIBA	Tu
(Senior Health Insurance Benefits Advisors)	
Video and Book Library ( <i>no appt. needed</i> )	
Medical Equipment Loan ( <i>no appt. needed</i> )	

### SPECIAL INTEREST

Crafters	Sep 7
Basic Wood Working	Oct 13
AARP Driver Safety	Oct 13 & 20 Jan 19 & 26
Picture Frames Made Easy	Nov 17
Travel Adventures: Off the Beaten Path Tales	Oct 5, Nov 2, Dec 7

Petersen Barn Community Center

870 Berntzen, Eugene 97402 Bus #40  
Phone: 682-5521 Hours: 9a-5p M-F  
Senior Program Mgr: Yvaughn Tompkins  
Program Supervisor: Diane Sconce  
Office Coordinator: Tina Cammann

For more information about dates, times, costs and activities, pick up a copy of the *Barnies News*, call the center, visit our website at [www.eugene-or.gov](http://www.eugene-or.gov), or email us at [petersenbarn@ci.eugene.or.us](mailto:petersenbarn@ci.eugene.or.us).

SPECIAL EVENTS

Beans at the Barn	Sep 6
Try a Class for Free	Week of Sep 11
Barn Dances ♥	Sep 16, Oct 21, Nov 18, Dec 16
Barnyard Sale	Sep 23, Oct 28
Casserole of the Month	Oct 18
Halloween Luncheon	Oct 31
Soup of the Month	Nov 15
Breakfast with Santa	Dec 9
Holiday Dinner	Dec 13

VAN TRIPS

Depoe Bay Salmon Bake	Sep 16
Great Lakes Overnight	Sep 18-22
Ethnic Excursion	Oct 3
Fall Leaves Hike/Novak's ♥	Oct 10
Theatre Traipsing	Oct TBA
Fall Leaves/New Roads	Oct 17
Ethnic Excursion	Nov 1
Amtrak to Portland	Nov 8
Corvallis Holiday Lights	Dec 12
Local Holiday Lights	Dec 18

BARN RED HAT OUTINGS

THURSDAY LADIES

Chinese Gardens	Sep 28
Colonial Harvest Days	Oct 26
Fern Ridge Light Parade	Dec 1
Holiday Tea at Ruthie B's	Dec 7

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PHOTO BY RECREATION STAFF

FRIDAY BESSIES

Suttle Lake Lodge	Sep 29
Winchester Bay	Oct 27
Ice Show Matinee	Dec 8

HEALTH & WELLNESS

Blood Pressure Clinic	2nd & 4th Tu
Total Body Workout ♥	Tu & Th
Barnie Walkers ♥	1st M
Tai Chi for Arthritis ♥	Tu & F
Qigong ♥	Tu & F
Yoga ♥	Tu & F
Stress Management	W

CLASSES

*See Adult Education, pages 36-40.*

PRESENTATIONS

Theft – Don't Let It Happen	Oct 4
International Cultures	Oct 18
Living Well With Diabetes	Oct 19
Essential Tremors	Oct 24
Antique Appraisal	Nov 7
International Cultures	Nov 15
Investing Presentations	Oct 17, Nov 14

DROP IN ACTIVITIES

Pinochle	M & F
Senior Advisory Council	1st M
Solos' Potluck	1st M
Cribbage	W
Painters' Workshop	Tu
Movie Matinee	F